

THE HEART OF A CHAMPION

#FIT2BEABOBCAT



SO...WHO ARE YOU?

- **HEY!! MY NAME IS PATRICIA MAIDEN-LEWIS, AND I TEACH HIGH SCHOOL ENGLISH AND HISTORY AT ROBERT C. HATCH HIGH SCHOOL IN UNIONTOWN, ALABAMA.**

COOL! SO, HOW DID AN ACADEMIC TEACHER BECOME INVOLVE IN THE HEALTHY SCHOOLS PROGRAMS?

- **WELL, IT JUST FELL INTO MY LAP. AS A NEW TEACHER, I WAS SENT AN EMAIL BY BOTH MY PRINCIPAL AND SUPERINTENDENT, INFORMING ME THAT I HAD BEEN ASSIGNED TO DO THIS AND TO ATTEND A MEETING AT CENTRAL OFFICE.**
- **OF COURSE I SAID OKAY! I WAS THE NEW KID ON THE BLOCK, AND I DIDN'T WANT TO STIR THE PROVERBIAL POT BY SAYING NO.**

INTERESTING...

- **SOME PEOPLE FIND IT INTERESTING WHEN I TELL THEM THAT I AM NOT A PHYSICAL ED TEACHER, CONSIDERING MOST OF THE CONFERENCES/WORKSHOPS I ATTEND ARE USUALLY A MAJORITY OF PHYSICAL ED TEACHERS OR HAVE A BACKGROUND IN THE HEALTH FIELD.**

I'VE HEARD A LOT ABOUT THE SUCCESS YOUR SCHOOL HAS HAD WITH THE PROGRAMS. CARE TO SHARE?

- **SURE! I THINK WHAT HAS MADE THE HEALTHY INITIATIVE PROGRAMS SO SUCCESSFUL AT MY SCHOOL IS THE SUPPORT I HAVE RECEIVED FROM MY PRINCIPAL, MISS LESLIE FORD AND THE WILLINGNESS OF THE STUDENTS TO ACTUALLY PARTICIPATE.**
- **IT WAS NOT AN EASY TASK IN THE BEGINNING BECAUSE SO MANY PEOPLE ARE RELUCTANT TO THE CONCEPT OF CHANGE.**
- **I MEAN THINK ABOUT IT. HERE YOU HAVE AN ENGLISH/HISTORY TEACHER, WHO PROBABLY WAS BETTER AT TEACHING SHAKESPEARE AND WORLD WAR II THAN TRYING TO CONVINCING THE STAFF AND STUDENT BODY TO CHANGE THE WAY THEY THOUGHT ABOUT WHAT IT MEANS TO BE HEALTHY.**

YOU HAVE A POINT! CONTINUE...

- **LIKE I SAID, IT WAS A HARD SELL ON SOME LEVELS, BUT I WAS DETERMINED TO DO WHAT I COULD TO CHANGE THE PERCEPTION OF HEALTH AT MY SCHOOL.**
- **AFTER MEETING WITH MY PRINCIPAL ON SEVERAL OCCASIONS AND BEING ARMED WITH RESEARCH, SHE DECIDED THAT THE POTENTIAL TO BE SUCCESSFUL WAS GREATER THAN THE RISK OF FAILURE.**
- **THUS, THIS OFFICIALLY BEGAN OUR QUEST TO MAKE OUR SCHOOL HEALTHIER.**

SO, LET'S FAST FORWARD AND DISCUSS SOME OF THOSE SUCCESSES.

- **THE FIRST YEAR WAS BASICALLY A LEARNING PROCESS. BY THE NEXT YEAR, THAT'S WHEN I STARTED TO SEE EVIDENCE OF CHANGE.**
- **TEACHERS WOULD TAKE THE LONGER ROUTE TO THE CAFETERIA, STUDENTS WOULD TRY TO GET MORE FRUIT ON THEIR TRAYS, AND EVEN THE ATHLETES STOPPED EATING SO MUCH JUNK BEFORE PRACTICES AND GAMES.**
- **DURING THE 2014-2015 SCHOOL YEAR, WE WERE FEATURED IN A DOCUMENTARY ON THE ALLIANCE'S PRESENCE IN THE SOUTHERN SCHOOLS.**
- **DURING THE 2015-2016 SCHOOL YEAR, WE RECEIVED BRONZE RECOGNITION FROM THE ALLIANCE FOR A HEALTHIER GENERATION, AS WELL AS BEING RECOGNIZED AS A HEALTHY SCHOOL BY THE LET'S MOVE ACTIVE SCHOOLS PROGRAM.**

SUCCESSSES CONTINUED...

- **ONE OF THE MOST REWARDING MOMENTS CAME WHEN MY PRINCIPAL TOOK IT UP A NOTCH BY INCORPORATING A MANDATORY GET FIT BREAK FOR EVERYONE, REGARDLESS OF GRADE LEVEL. AT FIRST IT WAS OPTIONAL, BUT THAT MANDATORY TAG CHANGED THE ENVIRONMENT AND MINDSET.**
- **ANOTHER REWARDING MOMENT CAME WHEN WE WERE AWARDED & RECOGNIZED WITH THE BLUE CROSS BLUE SHIELD BE HEALTHY SCHOOL GRANT IN THE FULL AMOUNT OF \$10,000, WHICH WILL BE USED TO BUILD A PLAYGROUND.**

WOW! YOU ALL ARE ON THE BALL!

- **YES WE ARE! PARTICIPATING ALSO IN THE HEAL (HEALTHY EATING ACTIVE LIVING) PROGRAM HAS FURTHERED OUR SUCCESS. OUR 4TH & 5TH GRADERS LEARN SO MUCH ABOUT HOW THE HEART WORKS AND HOW BEING ACTIVE MAKES THEM SMARTER AND STRONGER INDIVIDUALS. THE MONTHLY CALENDARS WITH TIPS AND RECIPES ARE THE HIGHLIGHT FOR MANY OF THEM. PARENTS HAVE ENJOYED THEM TOO.**

WHAT ADVICE WOULD YOU GIVE OTHERS ABOUT MAKING THEIR SCHOOLS HEALTHIER?

- **MY ADVICE WOULD BE NOT TO LIMIT YOURSELVES. YOU DON'T HAVE TO BE A PHYSICAL ED TEACHER OR A HEALTH GURU TO CHANGE THE ENVIRONMENT OF YOUR SCHOOL AND COMMUNITIES INTO A HEALTHIER PLACE! BE DILIGENT IN YOUR EFFORTS AND MODEL/PRACTICE WHAT YOU PREACH.**
- **MOST OF ALL, REMEMBER THAT HEALTHY CAN AND SHOULD BE "HAPPY!"**
- **THIS IS JUST THE BEGINNING FOR US! IN MY MIND, THE SKY IS THE LIMIT...OR IS IT? 😊**
- **#FIT2BEABOBCAT**

THE WAY YOU DO THE THINGS YOU DO! HOW WE GET IT DONE @ RC HATCH!

- **THERE ARE SEVERAL THINGS THAT WE DO TO GET FIT! HERE'S JUST A SAMPLING:**
 - **WALKING AROUND THE SCHOOL/TRACK**
 - **LINE DANCING (CHA-CHA SLIDE, WOBBLE, ELECTRIC SLIDE; CUPID SHUFFLE; ETC)**
 - **JUST DANCE SERIES**
 - **POKER FITNESS (PAIRED INTO GROUPS...EACH CARD REPRESENTS AN EXERCISE...EXAMPLE: KING MEANS JOG IN PLACE FOR 20 SECONDS; 10 MEANS 15 JUMPING JACKS; 4 MEANS 15 BUTT KICKERS. PERSON ONE GRABS A CARD AND THE GROUP DOES WHAT IT REPRESENTS AND PERSON TWO AND SO FORTH WILL DO THE SAME.)**
 - **7-MINUTE WORKOUT (THE ONE THAT STARTED IT ALL!)**
 - **CAMPUS CLEANUPS**
 - **JUMP ROPE**
 - **WORKOUT VIDEOS (MAKE YOUTUBE YOUR FRIEND)**

ONE OF OUR FAVS IS THE SPELL YOUR NAME WORKOUT!

A: 10 CRUNCHES

B: 10 JUMPING JACKS

C: 5 PUSHUPS

D: 5 SQUATS

E: 30- SECOND WALL SIT

F: 15 ARM CIRCLES

G: 10 MOUNTAIN CLIMBERS

H: 5 BURPEES

I: 30-SECOND PLANK

J: 10 JUMP SQUATS

K: 10 LUNGES (EACH SIDE)

L: 15 CRUNCHES

M: 20 HIGH KNEES

N: 10 TRICEP DIPS

O: 10 PUSHUPS

P: 10 SQUATS

Q: 20 JUMPING JACKS

R: 30-SECOND PLANK

S: 20 BICYCLE CRUNCHES

T: 30 SECOND WALL SIT

U: 5 BURPEES

V: 20 ARM CIRCLES

W: 10 LUNGES

X: 10 PUSHUPS

Y: 20 HIGH KNEES

Z: 10 BURPEES